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FOR JAW AND TONGUE: Simple withdrawal of energy, making organs limp. Singing vowels very lightly under these new conditions.

The difficulty of the problem lies first in the relinquishing of habit; and second, in the selection of new paths of innervation, where the eye cannot guide at all, and the ear but partially.

When this "voyage of discovery" has by accident, as it were, found the true path, the

next step to success is to secure the judgment of another as to the purity of the tone, and then to fix the feeling that results from the new use. This process firmly adhered to, with a true conception of the ideal tone, will work a change for the better in every voice.

The songs will be, first, hymns and songs of general interest. Later, children's songs will be studied.

Manual Training

Ira M. Carley

Cora Champlin

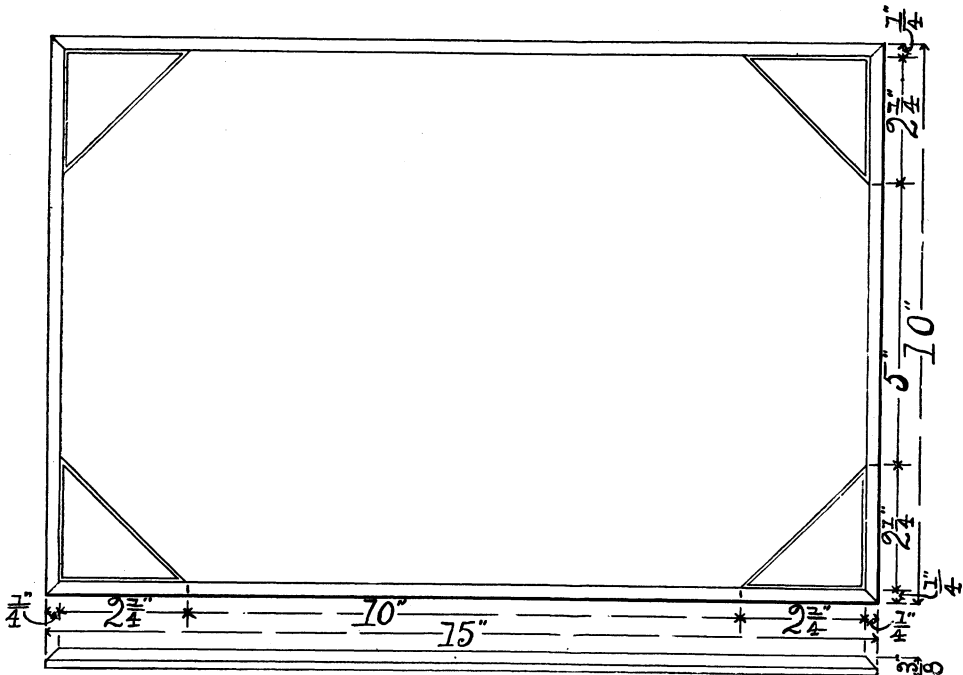
During the months of November and December the handwork of the school will be principally the making of articles for use in the home, especially things for Christmas gifts.

This work is particularly valuable in the opportunity it affords for the cultivation of the relation between the school work and the home interests, and for awaken-

ing the children's interest in the furnishing and decorating of their own homes. The choice of what shall be done will rest as much as possible with the individual pupil rather than with the teacher.

It is believed that whatever may be lost in this manner of procedure, in sequence of exercise, is much more than compensated for by the increased spontaneity

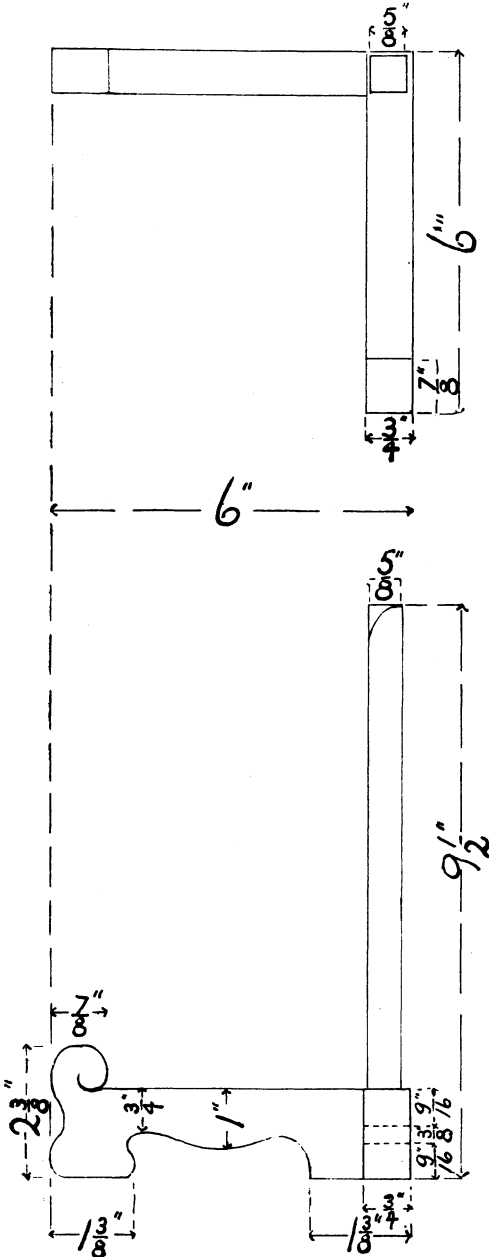
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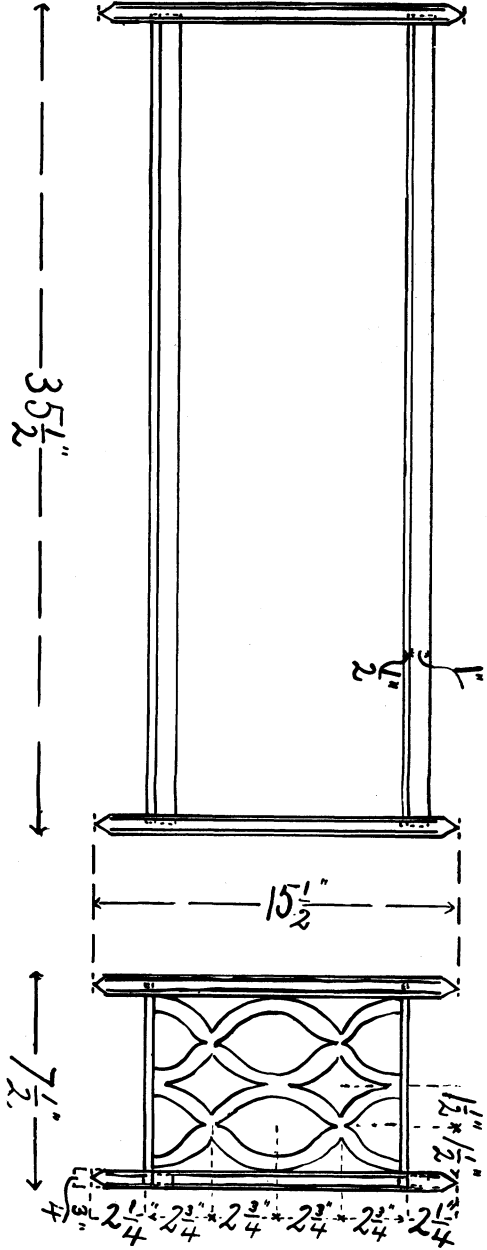
No. 1. BLOTTER PAD.

of interest, the development of the power of individual initiative, and by the fact that the pupil is working under the stimulus of the very best of motives—that of attaining an end which he himself feels to be good and worthy his best effort.

The statement that the choice of work rests with the pupil does not mean that he shall be at liberty to attempt any idea that may appeal to him, as his inexperience usually leads him to underestimate



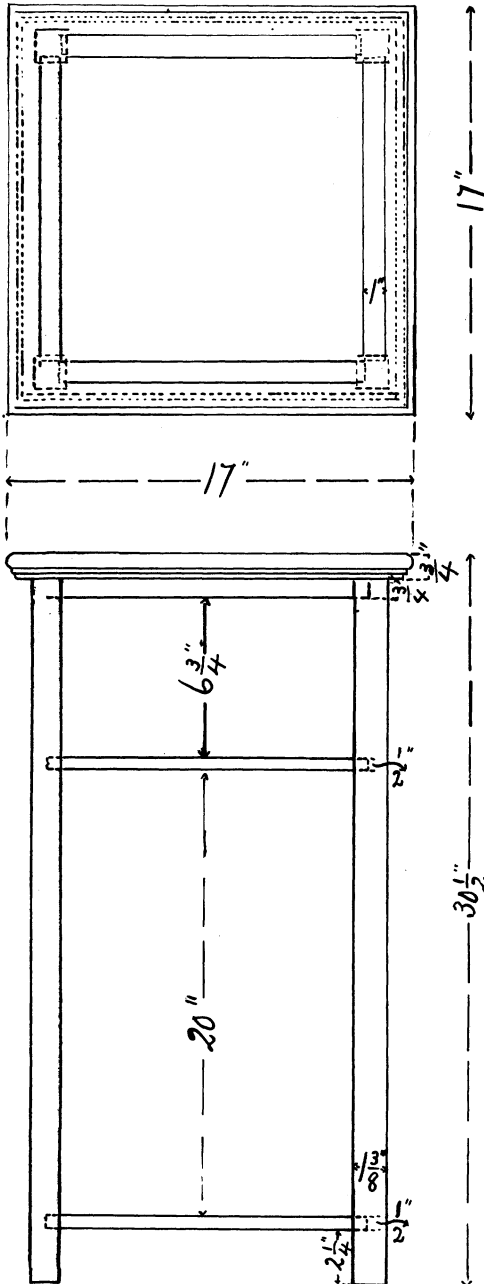
No. 2. EASEL.



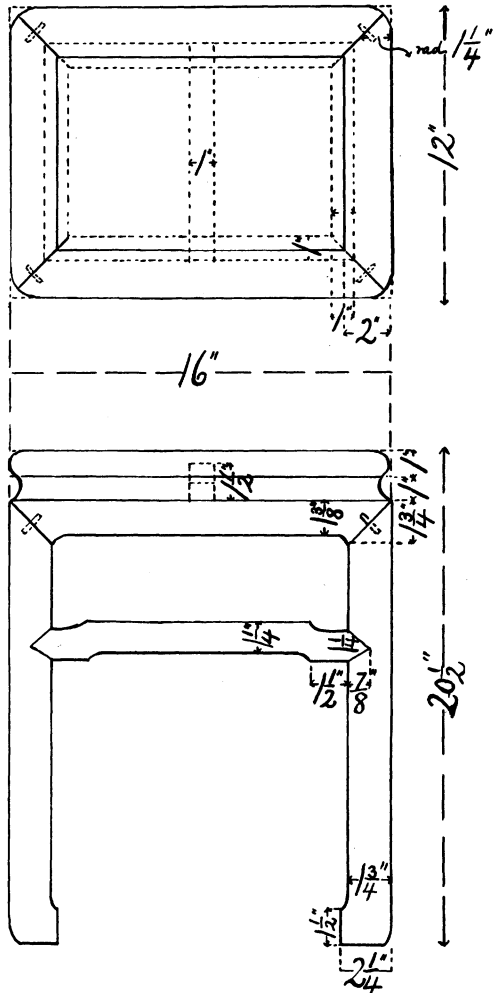
No. 3. PLATE RACK.—FLEMISH OAK OR VERMILION WOOD.

the difficulties to be overcome; and as a result of beginning work beyond his power he becomes discouraged by continued failure. It means that any idea of the child's

own will be treated as of the greatest value, and if it is at all practicable he will be encouraged to work it out, and help will be given, when needed, in perfecting it in design and construction, and in adapting it to his skill and experience. Before the children are asked to make a selection of the work they are to do in any branch of handwork, they will be given opportunity of becoming familiar with a number of good examples of work of the given kind adapted in construction to their ability.



No. 4. TABLE.



No. 5. JARDINIERE STAND.
(Chinese.)

color, hardness, and degree of difficulty in working.

The accompanying drawings are intended as suggestions for pieces of woodwork for the upper grades and the high school,

except No. 1, which is intended for the Second Grade.

Plans for some of the designs finally adopted will appear in the December number of the COURSE OF STUDY.

Physical Training

Karl J. Kroh

Caroline Crawford

General Gymnastics: The cultivation by the pupils of an erect carriage and good bearing must be insisted upon on all occasions, at all times. Pupils will be required to rise promptly and to stand properly, correctly observing the fundamental standing position, with head erect and chest active. A frank and open look should be characteristic of their address. Pupils persisting in faulty attitudes during recitations will be referred to the teachers' assistants for special gymnastics.

Particular attention will be given in all seasons of the year to the dress adaptation of the pupils to physical exercise, and no clothing, wraps, tight bandages, or inelastic belts, in any way restricting freedom of action and a natural development, should be worn. Rubber shoes or boots should not be worn during school hours.

The physical training must always be conducted in pure air, and short, vigorous exercises given whenever needed. Plenty of light is also advisable. Study the ventilation of the rooms and test the air by outdoor breathing. The temperature should be about 68°.

If practicable, exercise in the open air, outdoors. Avoid unnecessary exposure to draughts. The work should be essentially contributive to the health and spiritual freshness of the children and students, and must be directed as a means of developing personal vigor. Outdoor exercise, therefore, is preferable to room-drills.

In the same way that the children are led to gymnasium practice they must also be introduced to gymnastic play. Experience teaches that even the games of children must be first learned, and that these need preparation and practice, extension and limitation, as does every other pursuit. There are pupils whose disposition is opposed to the normal activities of childhood, in whom an indoor life has destroyed the inclination to play. In others the zeal for play must be tempered. Children needing special attention in physical training are brought to the offices of this department by the teacher's assistants, who will receive instructions for the work of such pupils. Such work is to be directed by the assistant teachers at a time specially designated by the regular teacher, or as advised. Reports concerning state of health, progress, regularity of school and designated home work are to be regularly made every week.

On presentation of children for special work, the regular teacher's detailed statement in each case is desired.

Gymnasium work consists of (a) mass, (b) class, (c) group, and (d) individual practice; and embraces tactics or order exercises; free standing movements and exercises; exercises with hand apparatus; dancing calisthenics, for girls; running exercises; apparatus gymnastics; jumping and vaulting exercises; games and plays. Time devoted to the different forms of